



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09243, Peaches, spiced, canned, heavy syrup pack, solids and liquids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.20	19	0.320	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	75	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	314	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	0.41	19	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	19	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.21	19	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	20.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total	g	18.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Minerals													
Calcium, Ca	mg	6	19	0.237	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Iron, Fe	mg	0.28	19	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	7	19	0.181	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	9	19	0.569	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	85	19	3.095	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	4	19	0.158	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.08	19	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.098	19	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	5.3	19	2.254	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.011	19	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Riboflavin	mg	0.035	19	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.537	19	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	4.1	--	--	--	--	--	--	--	--	Calculated or imputed	09241	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	16	19	1.159	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	157	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Cryptoxanthin, beta	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002

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Vitamin A, IU	IU	317	19	23.186	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Lutein + zeaxanthin	µg	61	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	09236	12/2002
Lipids													
Fatty acids, total saturated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Isoleucine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/1986
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002